

LYNN COUNCIL ON AGING SENIOR CENTER



**June
2014**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Then let us, one and all, be contented with our lot;
The June is here this morning, and the sun is shining hot;
Oh! let us fill our hearts up with the glory of the day,
And banish ev'ry doubt and care and sorrow far away.

Source: James Whitcomb Riley

~Stacey Minchello~



From Your Mayor

With Memorial Day having come and gone, our thoughts turn to summer.

I am happy to announce the long-awaited Lynn ferry service to Boston has commenced and will be running through September, and again next summer. It is such an exciting milestone. We are hoping the ferry will be a catalyst for future waterfront redevelopment.

As we celebrate Flag Day this month, it is a wonderful time to reflect on how fortunate we are to live in the city and this country, and to thank all of our dedicated veterans for their years of service.

At the Lynn Auditorium, we are welcoming the Boston Gay Men's Chorus on June 7 and El Gran Combo De Puerto Rico on June 28. For information and tickets, please call the Box Office at 781-581-2971.

In July, we will again be joining Swampscott to host the fireworks display at Lynn Beach and are having a series of fundraisers in the coming weeks to subsidize our share of the cost.

As we approach the end of another school year, I look forward to celebrating graduation with our city's high school seniors. I wish them the best of the luck as they move on to college or the workforce. It is always such a special day. For those of you with grandchildren or relatives in the Class of 2014, I hope you can join them and share in this joyful occasion.

Best wishes for a safe, enjoyable and warm summer.

Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Albert DiVirgilio
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Frances Taggart

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Meets 4th
Wednesday
monthly at
1:30 p.m.

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Vice-President
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Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

Annual Independence Day BBQ

Lynn Council on Aging ~ Annual Independence Day BBQ
July 2nd

11 am – 2 pm \$3 per person

Meal service starts promptly at 11:00 am & ends at 12pm

Advance Ticket Sales start June 16th at 9 am

While supplies last- must show senior center scan card!

Sponsored by the FRIENDS of LCOA



50/50 Raffle! Winner pulled at 1:00 pm

Live Entertainment

"Four Guys in Tuxes"



JUNE HAPPENINGS

Trip sign-ups begin, Thursday, May 29th

Tues, June 3rd **Birthday Karaoke** **11:30 a.m. – 1:00 p.m.**

Weds, June 4th **FOOD STAMPS OFFICE HOURS** **9:00 a.m. – 12:00 p.m.**

Weds, June 4th ***The “NAVS” are coming!*** **11:30 a.m.**

Come meet the North Shore Navigators Baseball Club

Meet and greet the players with photo ops and wish them a great

season for their away opener against the Martha’s Vineyard Sharks!

Thurs, June 5th **Lunch Trip: Clam Box, Ipswich** **\$2** **10:30 a.m.**

Friday, June 6th **Lunch Trip: Clam Box, Ipswich** **\$2** **10:30 a.m.**

Tues, June 10th **Blood Sugar AND Blood Pressure Clinic** **8:00 a.m. – 9:30 a.m.**

“Lucy Booth” Open! Nurse available for your questions. Large Activity Room

Weds, June 11th **Castle Island, South Boston** **\$2** **10:30 a.m. – 2:00 p.m.**

Mon, June 16th **Field Trip: Salem Willows** **\$2** **11:00 a.m. – 2:00 p.m.**

Tues, June 17th **FOXWOODS CASINO** **\$27** **7am- 6:30 pm**

Weds, June 18th **Free Tech training! Bring your cell phone or laptop, tablet etc.**

Fecteau Leary School Students Volunteering **12:00 pm – 1:45 pm**

Fri, June 20th **BROWN BAG: BOSTON FOOD BANK** **10:00 a.m. – 12:00 p.m.**

Fri, June 20th ***Tommy Rull- entertains you!*** **11:30 a.m.**

Sponsored by the Lynn Cultural Council and the FRIENDS of the LCOA

Mon, June 23rd **Women’s Group Meeting** **10 am – 11 am**

Tues, June 24th **Hearing Clinic Appointments** **9:00 a.m. – 10:00 a.m.**

Weds, June 25th **Lynn Historical Museum Tour** **\$3** **10:00 a.m. walk from center**

Thurs, June 26th **FRIENDS OF LCOA meeting ☺** **10 a.m.**

Fri, June 27th **Field Trip: Franklin Park Zoo** **\$2** **9:00 a.m. – 2:30 p.m.**

This is an independent unescorted trip with drop off & pick up only; entails a lot of walking.

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JUNE 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
2 Roast turkey Florentine Sour cream dill potatoes California blend veg. WW bread Pudding <small>ALTERNATIVE</small> Tripe stew, white rice	3 Mini ravioli/meat sauce Garden salad/dressing Italian bread Cookie <small>ALTERNATIVE</small> Tilapia(fish)/ cilantro salsa	4 Latin style pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit <small>ALTERNATIVE</small> Eggplant parm/marinara sauce	5 Chicken cacciatore/rotini pasta Garden salad/dressing WW bread Fresh fruit <small>ALTERNATIVE</small> Arroz con caritas(beef)	6 Salmon/dill sauce Yellow rice Green peas WW bread Fresh fruit <small>ALTERNATIVE</small> WW cheese pizza
9 Chicken piccata Whipped potato Italian blend veg. Italian bread Pudding <small>ALTERNATIVE</small> Cerdo asado(pork)	10 Turkey pasta primavera Garden salad/dressing Snack loaf Fresh fruit <small>ALTERNATIVE</small> Stewed goat	11 Stuffed shells/marinara sauce Broccoli WW bread Fresh fruit <small>ALTERNATIVE</small> Caribbean style beef	12 Lemon pepper pork Black eyed peas & brown rice Garden salad/dressing WW bread Fresh fruit <small>ALTERNATIVE</small> Arroz con pollo(chicken)	13 FATHER'S DAY SPECIAL Beef bourguignon Red potatoes Corn WW bread Brownie
16 Crispy baked fish/tartar sauce Sweet potato wedges Italian blend veg. WW bread Chilled peaches <small>ALTERNATIVE</small> Jerk chicken	17 Shepherd's pie Garden salad/dressing WW bread Pudding <small>ALTERNATIVE</small> Macaroni & cheese	18 Roast turkey/gravy Wild rice California blend veg. WW bread Fresh fruit <small>ALTERNATIVE</small> Salmao Brasileiro(salmon)	19 Chicken parmesan Penne pasta Garden salad/dressing Italian bread Fresh fruit <small>ALTERNATIVE</small> Mediterranean hummus wrap	20 BBQ pulled pork Rice & beans Spinach WW bread Cookie <small>ALTERNATIVE</small> Sancocho(chicken stew)
23 Chicken and broccoli alfredo Ziti-Capri blend veg. Muffin Chilled pineapple <small>ALTERNATIVE</small> Arroz con camarones (shrimp)	24 Roast beef/gravy Garlic mashed potatoes Garden salad/dressing WW bread Fresh fruit <small>ALTERNATIVE</small> Salmon/dill sauce	25 Braised chicken/jicama lime Spanish rice California blend veg. WW bread Cake <small>ALTERNATIVE</small> Pasta and eggplant meat-balls	26 Turkey chili Mashed sweet potatoes Garden salad/dressing WW bread Pudding <small>ALTERNATIVE</small> Cumin roasted pork	27 American chop suey Broccoli Rye bread Fresh fruit <small>ALTERNATIVE</small> Curried tofu/brown rice
30 Pork chops/gravy Garlic mashed potatoes Collard greens WW bread Fruit cocktail <small>ALTERNATIVE</small> Frango asado(grilled chicken)	HAPPY FATHER'S DAY!	ALL MEALS SERVED W/ BREAD AND 1% MILK	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Requested Donation is \$2.00 per meal

SENIOR CENTER ACTIVITIES • JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO (NEW TIME)	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	11:15-12:15 COMPUTER CLASS #2
	12:30-2:30 CRIBBAGE	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO (NEW TIME)
	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER		
	2:00-3:00 GAMERS GROUP			

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ADAPTIVE UNITS

CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$27

7 am - 6:30 pm

June 17th, July 15th, Aug. 19th,
Sept. 16th, Oct. 21st & Nov. 18th

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

Bonus package:

*\$10 food coupon for retail food vendors
or free buffet*

*Plus \$10 bonus slot play added to your
rewards card on the bus before entering casino.*

Remember to bring your rewards card!



Casino Trips from Revere

Mohegan Sun \$25

10:00 a.m. - 8:30 p.m.

June 10th & 24th

Twin River \$23

10:00 a.m. - 7:30 p.m.

June 5th & 19th

Casino Trips from **REVERE!**
**Now Express!! Straight run-
no stops!**



**Call Elaine at
781-289-6144 for reservation,
questions, and pick up location/
parking.**

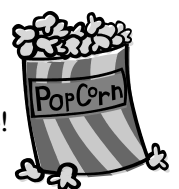
MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

June 4	Three Little Words	NR	1950	102 min
June 11	Rumor Has It	PG-13	2005	97 min
June 18	This Time for Keeps	NR	1947	105 min
June 25	Mall Cop	PG	2009	87 min



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



SCALLOP FESTIVAL

Friday, September 19th

Sign Up Now! Seats will go fast!!

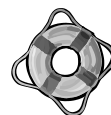
\$70

Fun-filled day!

Leave Lynn Senior Center at 8:30 am promptly. Trip includes festival dinner of scallops and time at the craft fair. Everyone receives scallops unless you reserve a chicken meal with us one week prior to departure date. Cruise Cape Cod Canal with 90 minute narrative. Return to Senior Center by 6pm.

Must be independent and able to walk distances and board boat.

Any questions call 781-599-0110 and ask for Kristi.



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Place Your Ad

Wellness Watch June 2014

Stay Active with your Grandchildren



Now that the weather is warming up it's time to enjoy it. What better way to get physical activity in your day then doing it with your grandchildren! Here are some helpful tips on how to stay active and spend time with your grandchildren. For those who have grandchildren that are infants and toddlers, take a nice walk with them in the stroller to the park or just around the block. You could also sing nursery songs with them like "If You're Happy and You Know It" and "The Wheels on the Bus" to help get your joints moving. Playing games with them can help you stay active, like Simon Says and Hide-and-Seek. For school aged children play a game of catch, push them on a swing, or go for a swim. For those who have grandchildren in their teens, ask them to teach you an activity that interests them. You may want to go fishing or biking with them. Ask them to help you with some chores around the house. Let them give you a hand in the garden. Let them help you cook their favorite dinner one night. Start a routine to be active with your grandchildren now. It will become a regular part in their life and yours!



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Walk in or reserve your seat:

Wednesday, June 4th & 18th

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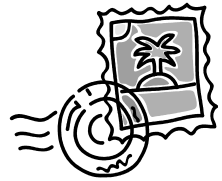
Kindness Matters



The Kiosk for Living Well

Caribbean Month at the Kiosk in June!

The Kiosk for Living Well is taking it to the Islands on June 17th to help celebrate National Caribbean-American Heritage Month. We invite everyone to visit the Kiosk, share stories of the islands and their cultures, and bring photos of memorable visits. We'll play Caribbean Trivia games, hand out Caribbean maps, and enjoy steel drum recordings. Tropical juices will be served.



The Kiosk for Living Well is open **Tuesdays from 10:00am to 11:00am**. For more information, visit the Kiosk or call Site Coordinator Sandra Suarez at 781-586-6518.

June Trivia

Two events coincide with each date. Do you know them?

June 2nd

June 6th

June 14th

Baseball great Babe Ruth's last game, 1935

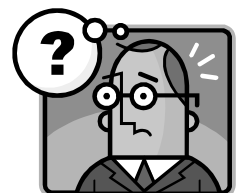
The United States Army was founded, 1775

D-Day (invasion of Europe occurred), 1944

Baseball great Lou Gehrig died in New York, 1941

The Stars & Stripes was adopted as the American Flag, 1777

Senator Robert F. Kennedy died at Good Samaritan Hospital in Los Angeles, 1968



IN LOVING MEMORY

In loving memory of my wife,
Dr. Thelma Berger

~Dr. Harvey Berger



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

JUNE ONLY: TUESDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

June 3rd
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

June 10th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

June 24th
9:00 am—11:00 am
New! Appointments Required; Call & Reserve a time.

PODIATRIST

June 19th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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